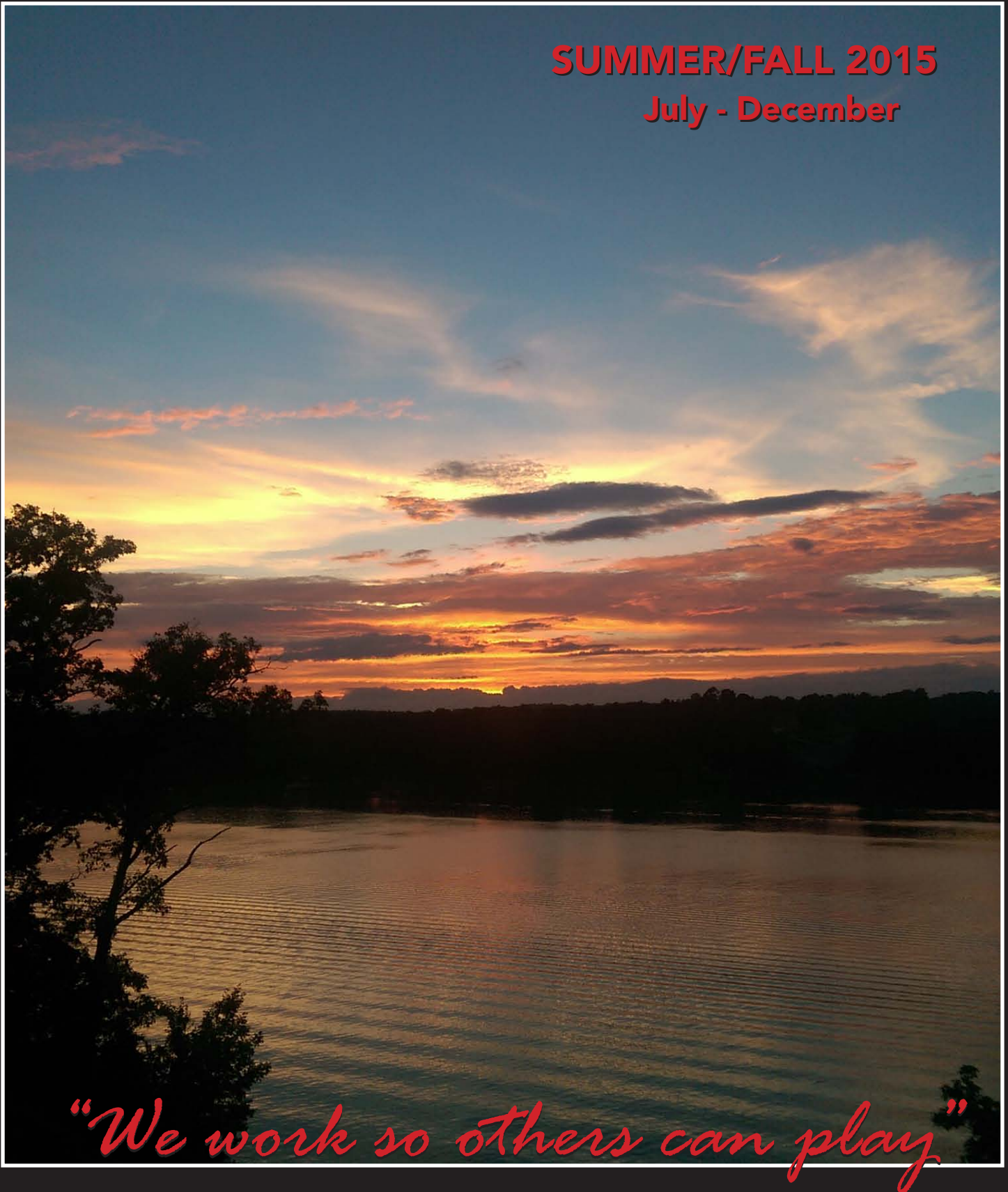


Leisure Pursuits

HICKORY PARKS AND RECREATION

SUMMER/FALL 2015

July - December



"We work so others can play"

HICKORY PARKS AND RECREATION DEPARTMENT

MISSION STATEMENT

To provide the highest quality in leisure services, parks and recreational facilities while encouraging and enhancing healthy lifestyles for all citizens of Hickory.



Message from the Director...

Welcome to the latest edition of "Leisure Pursuits". We have improved and expanded the publication to provide you more information as to the recreation programs, services, and facilities available to you, your family and your friends. I hope you will take the opportunity to visit one of our parks, experience one of our special events, visit one of our recreation centers, and participate in an instructional class or sports program. The mission of the Parks and Recreation Department is, and will continue to be, to provide the highest quality in leisure services, parks and recreational facilities while encouraging and enhancing healthy lifestyles for all citizens of Hickory.

Sincerely,
Mack McLeod

HICKORY PARKS AND RECREATION COMMISSION AND MEMBERS

The Commission advises the Hickory Parks and Recreation Department in the operation of recreation facilities and activities for all age groups and strives to enhance the quality of life at a cost that is most economical for the City of Hickory. The Commission provides input on a wide range of community recreation needs including programming, facilities and maintenance. The 12 member commission meets for lunch on the second Tuesday of each month at 12:00 pm at Highland Recreation Center at Stanford Park. The Parks and Recreation Director serves as the staff liaison to the Commission. If you have any comments or concerns about the recreation programs, facilities or parks in your ward, contact the Parks and Recreation Commission members listed.

Commission Members

Wood, Lanie	Ward 1	267-0799
Sigler, Susan	Ward 2	327-2025
Hedrick, Junior	Ward 3	256-8404
Mitchell, Allen Jr.	Ward 4	612-6532
Crosby, David	Ward 5	326-8998
Powers, Jim	Ward 6 V. Chair	324-1556
Coley, Lloyd Jr.	At Large Chair	238-1158
Beard, Joyce	At Large	328-4643
Proctor, Dean	At Large	327-9520
Wood, Landen	Youth Council	267-0799



Retiring Commission Member: The Hickory Parks and Recreation Commission recently honored Chair Tony Wood for his service to the Commission. Tony was appointed in July 2009 and served until June 2015. Pictured with Tony is vice chair, Jim Powers.

Leisure Pursuits

HICKORY PARKS AND
RECREATION DEPARTMENT

SUMMER/FALL 2015

Visit us online at
hickorync.gov/recreation

Published by Deluxe Printing Group
Hickory, North Carolina 28601

PARKS AND PLAY RADIO SHOW

The Hickory Parks and Recreation Department's Parks and Play segment with local radio station WHKY has moved from Tuesday mornings to Thursday mornings at 7:45 am. Tune in every other week and catch the latest on parks, programs and upcoming special events. Also visit our website, www.hickorync.gov/recreation for more information on future activities and events.



CONTENTS

Message from the Director	2
Park Listing	4
Park Location Map.....	5
Annual Park Operating Hours Schedule	6
Tobacco-Free City Parks.....	6
Catawba County Sports Hall of Fame.....	7
Youth and Adult Sports Programs	8
Recreation Centers Activities	9-19
Brown Penn.....	9
Ridgeview	10-12
Highland	12-15
Neill Clark Main and Gym.....	15-17
Westmont	17-18
Westmont Senior and Adult Programs at Ridgeview	18-19
Co-Worker Corner Athletic / Administrative Staff.....	19



Summer Outdoor Adventure Program, Looking Glass Falls, Rock climbing and searching for critters at Lake James State Park.

PARK LISTING

Civitan Park, 460 17th Avenue NE. Featuring a picnic shelter with tables and grill, 2 tennis courts, an outdoor basketball court, lighted softball field, playground, restroom, community garden and a concession stand.

Cliff Teague Park, 1125 C Avenue SE. Featuring a tennis court, playground equipment, outdoor basketball court, horseshoe pits and restrooms.

Fairbrook Optimist Park, 1560 4th Avenue SE. Lighted softball field, playground, restrooms and a concession stand.

Geitner-Rotary Park, 2035 12th Street Drive NW. Features an activity building, picnic shelter with tables and grills, gazebo, paved bikeway, walking and nature trails, boat dock and ramp, fishing pier and restrooms.

Glenn C. Hilton, Jr. Memorial Park, 2000 6th Street NW. Featuring 5 picnic shelters with tables and grills, 2 playgrounds, restrooms, gazebo, lighted and paved walking trail, nature boardwalk, 24 hole disc golf course, canoe launch, horseshoe pits and a memorial garden.

Henry Fork River Regional Recreation Park, 5655 Sweet Bay Lane. Featuring an 8000 square foot picnic shelter with a catering kitchen, restrooms and table and grills, 7 soccer fields, Alpine Tower ropes course, 2 playgrounds, concession stand, paved walking trail and a canoe launch. Park office 322-2671.

Hickory City Park, 1515 12th Street Drive NW. Featuring a picnic shelter with tables and grills, 8 lighted tennis courts, walking, fitness and nature trails, bikeway and restrooms.

Hickory Optimist Park, 751 2nd Avenue SW. Featuring a picnic shelter with tables and grills, tennis court, outdoor basketball court, lighted softball field, playground, restrooms, horseshoe pits, and a concession stand.

Jaycee Park, 1515 12th Street Drive NW. Features an outdoor basketball court, lighted baseball field, batting cage, playground, restrooms and a concession stand.

Kiwanis Park, 805 6th Street SE. Features 2 picnic shelters with table and grills, tennis court, outdoor basketball court, 4 lighted baseball fields, 2 batting cages, horseshoe pits, walking trail, restrooms, 2 concession stands and 2 playgrounds which includes the Zahra Baker All Children's Playground and treehouse.

McComb Park/Beaver Memorial Garden, 421 5th Avenue Place NE. Features a water fountain, seating area, gazebo and a beautiful memorial garden.

Neill W. Clark, Jr. Recreation Park, 3404 6th Street Drive NW. Featuring outdoor basketball courts, 4 lighted soccer fields, playground, horseshoe pits, restrooms, Neill W. Clark, Jr., Gymnasium (828) 322-2188 and Neill W. Clark, Jr., Main Building (828) 324-6990.

Southside Heights Park, 1400 2nd Street SW. Featuring a picnic shelter with tables and grills, outdoor basketball court, playground and multipurpose field.

Stanford Park, 1451 8th Street Drive NE. Featuring 3 softball/baseball fields, restrooms, concession stand, outdoor basketball court, picnic shelter, 2 playgrounds, paved walking trail, skate park, Highland Recreation Center (828) 328-3997 and the Parks and Recreation Department Administrative Office (828) 322-7046.



Children's treehouse at
Kiwanis Park

Taft Broome Park, 115 7th Avenue SW. Featuring 2 picnic shelters with tables and grills, 2 tennis courts, 2 outdoor basketball courts, lighted multipurpose field, 2 playgrounds, horseshoe pits, putting green, restrooms and community garden. Brown Penn Recreation Center (828) 328-4890, Brown Penn Senior Center (828) 328-5789, and Ridgeview Recreation Center (828) 324-8007.

West Hickory Park, 830 16th Street SW. Featuring an outdoor 1/2 basketball court, lighted softball field, playground and restrooms.

Westmont Recreation Center, 1316 Main Avenue Drive NW. Featuring 2 tennis courts, an outdoor basketball court, playground, horseshoe pits, restrooms, and outdoor shuffleboard courts (828) 328-9804, Westmont Senior Center (828) 324-1200.

Winkler Park, 2500 Clement Blvd. NW. Featuring a picnic shelter with grills, playground, walking and nature trails, horseshoe pits, restrooms, the Winkler Activity Center, Winkler Museum, Winkler Homeplace and L.P. Frans Stadium.

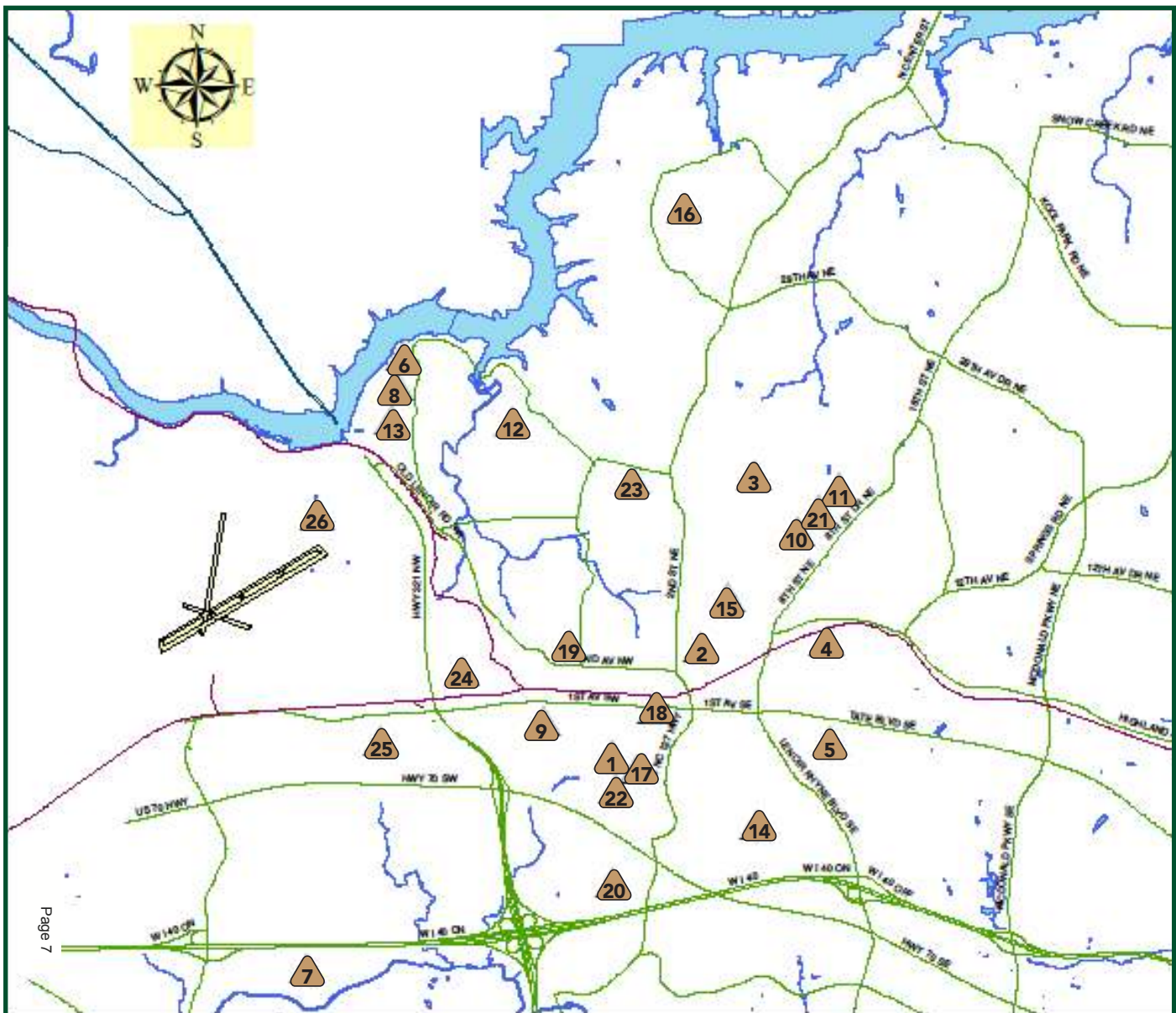


Life. Well Crafted.

www.hickorync.gov

PARKS AND RECREATION

- | | | | |
|----------------------------------|--------------------------------|---------------------------------|---|
| 1 BROWN PENN REC. CENTER | 6 GEITNER/ROTARY PARK | 13 JAYCEE PARK | 20 SOUTHSIDE HEIGHTS PARK |
| 2 CAROLINA PARK | 7 HENRY FORK REC. PARK | 14 KIWANIS PARK | 21 STANFORD PARK |
| 3 CIVITAN PARK | 8 HICKORY CITY PARK | 15 MCCOMB PARK | 22 TAFT BROOME PARK |
| 4 CLIFF TEAGUE PARK | 9 HICKORY OPTIMIST PARK | 16 NEILL CLARK REC. PARK | 23 VIEWMONT PARK |
| 5 FAIRBROOK OPTIMIST PARK | 10 HIGHLAND PARK | 17 RIDGEVIEW REC. CENTER | 24 WESTMONT REC. CENTER |
| | 11 HIGHLAND REC. CENTER | 18 ROBINSON PARK | 25 WEST HICKORY PARK |
| | 12 HILTON PARK | 19 SHUFORD GARDENS | 26 WINKLER PARK (LP FRANS STADIUM) |



ANNUAL PARK OPERATING HOURS SCHEDULE:

The Hickory Parks and Recreation Department's parks are open and operate 365 day a year. Park closing hours vary depending on the time of year. Park users are asked to start making their way out of the parks at least 30 minutes prior to the posted closing time. Parks Maintenance staff will make every attempt to notify patrons the parks are closing. In the event park users are locked in the park, they should call the Hickory Police Department at 828-328-5551.

All parks open at 7:00 am and close on the following schedule:

January	6:00 pm close
February	6:00 pm close
March	7:00 pm close
April	8:00 pm close
May	9:00 pm close
June	9:00 pm close
July	9:00 pm close
August	9:00 pm close
September	8:00 pm close
October	7:00 pm close
November	6:00 pm close
December	6:00 pm close



TOBACCO-FREE CITY PARKS

An initiative between the Catawba County Public Health Department and the North Carolina Community Transformation Grant Project is presenting a unified effort that would establish tobacco-free parks in all local governments within Catawba County. A presentation was made by both organizations to Parks and Recreation Commission at their August 12, 2013 meeting. The

Hickory City Council voted to pass the policy, banning all tobacco products in all City parks, beginning January 1, 2014.

Municipalities in the county, currently, have smoke-free policies in place for buildings. All City of Hickory buildings have been smoke-free since 1993. Discussions have been underway for several years to establish tobacco-free grounds policies across the county, as well.

The policy defines tobacco products as any product containing, made or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed or ingested by any other means or any component part or accessory of a tobacco product.

The prohibited areas include any recreation facility owned, leased, or occupied as defined by the City of Hickory and on recreation facility grounds that are owned, leased, or occupied by the City of Hickory. This applies to all 23 City of Hickory parks and covers visitors and employees.

"The City is making efforts to encourage healthy lifestyles," said Mack McLeod, City of Hickory Parks and Recreation Director. "For that reason the City has implemented the Tobacco-Free Policy at all the City-owned parks."

Signage, stating that the park is a tobacco-free and a smoke-free campus, will be at all of the park entrances and also at strategic locations within the parks.



NEW HOME FOR THE CATAWBA COUNTY SPORTS HALL OF FAME

Catawba Valley Community College originally housed the Hall of Fame. It was moved to the Hickory Metro Convention Center, in which it stayed at that location until it outgrew the space. At that time, the Hickory Metro Sports Commission approached the City of Hickory about moving the Hall of Fame to the Highland Recreation Center, which was approved.

Tara Hicks with the Convention and Visitors Bureau and Phil DiCasolo, who are both with the Hickory Metro Sports Commission, went through the photos and boxes of information to compile a beautiful plaque, honoring each recipient in the Hall of Fame, which includes 57 plaques. The Hall of Fame is located inside the Highland Recreation Center at 1451 8th Street Drive NE, Hickory.

On Friday, August 9, 2013 a few members from the Catawba County Sports Hall of Fame, the Hickory Metro Sports Commission, and City staff were present to introduce the new Hall of Fame location and take photos of some of the members with their plaque. JuJu Phillips, Chairman of the Catawba County Sports Hall of Fame Committee, led the introductions and thank yous, including a thank you to the City of Hickory Parks and Recreation Department. "The wall is very impressive," said JuJu Phillips. "It recognizes the pioneers, athletes, coaches, and contributors, showing the memories of Catawba County's rich sports heritage."

In addition, Mark Seaman, the Chairman of the Hickory Metro Sports Commission, said that on behalf of that Commission, that they appreciate the Hall of Fame being located at Highland Recreation Center.

Phillips took time to introduce each member of the Hall of Fame, including Jim Correll, David Elder, Tisha England, Ned Jarrett, who was part of the first Hall of Fame class in 2001, and Mike McRee. Each one took some time to say a few words of appreciation and they recognized the accomplishments of all who are a part of the Catawba County Hall of Fame.

"It is a huge honor that there was a Hall of Fame to be inducted into here," said Ned Jarrett. "I have been recognized in other areas, as well, and this ranks up there. I grew up here. This allows everyone to see the various, rich history where athletes are concerned. I am very, very proud to be a part of it and it being here in this fine facility."

"The City of Hickory and the Parks and Recreation Department are honored that the Catawba County Sports Hall of Fame is housed at our facility," said Mack McLeod, Director of the City's Parks and Recreation Department. "The Hickory Metro Sports Commission did a fabulous job compiling the details and photographs for the plaques that now line our hall way. We encourage the community to stop by and take some time to look through the Hall of Fame honorees."

For more information on the Catawba County Sports Hall of Fame, contact JuJu Phillips at jujuphillips19@gmail.com.

Catawba County Sports Hall of Fame Members

Inductees – 2015

Tommy Houston
Tyrone McDaniel
Hank Parker
Linda Richards
Gary Yount

Inductees – 2014

Jeff Barkley
John Lentz
Odell Moose
Beth Laney Queen

Inductees – 2013

Tommy Edwards
Tisha S. England
Joe H. Rhyne
Bobby Warlick
Lisa Witherspoon

Inductees – 2012

David W. Abernethy, Sr.
William N. Bass
James L. Correll
Marion L. Kirby
Thomas L. Swatzel

Inductees – 2011

William Beatty
Cathy B. Hitchcock
Dale Arnold Jarrett
Charles Allen Young
Richard Howard

Inductees – 2010

Leonard "Flash" Arndt
William (Bill) Barkley
Jamie Coulter
William (Billy) Wells

Inductees – 2009

Sally Reid Bradshaw
David Warren Craft
George D. Murphy
Michael E. McRee
Mike Matheson

Inductees – 2008

Richard Foster
D.C. Miller
Don Patrick
Albert Spurlock

Inductees – 2007

Rick Barnes
David Elder
Bryan Harvey
Bobby Isaac

Inductees – 2006

Donald C. Beaver
James G. Newsome, Sr.
Danny Thompson
Larry Wittenberg

Inductees – 2005

Donald A. Arndt
Thomas E. Brown
Walter C. Cornwell
Robert M. Shores

Inductees – 2004

Burrell P. Brown, Jr.
Kathleen C. Kim
B.E. "Gene" Miller
Troy L. Washam

Inductees – 2003

Bill E. Bost
Norman "Pinkie" James
Bobby V. Rowe
Don L. Stafford

Inductees – 2002

Frank R. Barger, Sr.
Jerry R. Copas
Harry Frye
C.O. Miller, Jr.

Inductees – 2001

Samuel Davis, Sr.
Ned Jarrett
Hanley Painter
Clarence Stasavich



YOUTH SPORTS

SPRING/SUMMER PROGRAMS

Girls Volleyball: Registration January.

Season begins in March.

Pee Wee 9-11 year olds

Midget 12-15 year olds

Age determined as of April 1st.

Lacrosse: Registration January.

Season begins in March.

Boys and girls ages 5-15 years old. Age determined as of August 31st.

Baseball: Registration February.

Season begins in April for most leagues.

T-Ball 4-5 year olds

Mighty Mites 6,7,8 year olds

Midget 9-10 year olds

Little 11-12 year olds

Junior 13-14 year olds

Age determined as of May 1st.

Softball (Girls): Registration February.

Season begins in April.

Pee Wee 6-9 year olds

Midget 10-12 year olds

Age determined as of January 1st.

FALL PROGRAMS

Soccer: Registration July.

Bumble Bee 5-6 year olds

Pee Wee 7-8 year olds

Midget 9-10 year olds

Little 11-13 year olds

Soccer (Girls Only):

Season begins September.

Pee Wee 7-9 year olds

Midget 10-12 year olds

Age determined as of August 31st.

Tackle Football: Registration July.

Season begins September.

Boys and Girls.

Junior Varsity 9-10 year olds

Varsity 11-12 year olds

Age determined as of August 31st.

Baseball: Registration July.

Season begins September.

Fall Instructional League 8 & 9 year olds

Age determined as of May 1st.

WINTER PROGRAMS

Basketball: Registration October.

Season begins December.

Mite 5-6 year old boys and 5 year old girls

Bantam (boys) 7-8 year olds

Bantam (girls) 6-8 year olds

Pee Wee 9-10 year olds

Midget 11-12 year olds

Junior 13-15 year olds

Age determined as of August 31st.

Wrestling: Registration October.

Season begins December.

Ages 5-13 years. Age determined as of August 31st.

Indoor Soccer: Registration October.

Season begins December.

Pee Wee 7-8 year olds

Midget 9-10 year olds

Little 11-12 year olds

Junior League 13-14 year olds

Age determined as of August 31st.

ADULT SPORTS

SPRING/SUMMER PROGRAMS

Adult Softball: Women's & Men's Open Divisions, Women's & Men's Industrial, Church Divisions. Registration begins in January. Season begins in April.

FALL PROGRAMS

Men's and Women's Volleyball, Softball, Dodge Ball, Soccer and Co-ed Kickball Leagues. Registration begins July. Season begins in September.

WINTER PROGRAMS

Coed Volleyball and Basketball. Registration begins in October. Season begins in December for basketball and season begins in January for volleyball.

Adult leagues are open to participants 18 years of age or better. For more information on adult opportunities call 322-7046.



TENNIS LESSONS: YOUTH & ADULTS

Hickory Parks and Recreation Department is offering tennis lessons for youth ages 5-18 at Hickory City Park located at 1515 12th St Drive NW. A card for eight clinics is \$48.00 for City of Hickory residents and \$53.00 for non residents. All new players will receive two complimentary lessons. Lessons are scheduled Monday through Friday between 3:30 pm and 5:15 pm. You may choose your days of instruction. Tennis balls and rackets are provided. Kathy Kim is the lead instructor for the lessons along with other volunteers. For more information and to register, contact Kathy at 828-322-4643.

BROWN PENN RECREATION CENTER

735 3rd Street SW
828-328-4890

Reggie Cummings, Recreation Programmer
rcummings@hickorync.gov

Hours of Operation:

Tuesday-Friday 1:00 pm-9:00 pm

Saturday 10:00 am-6:00 pm

Border Bash: Pick your side and enjoy a fun evening of flag football at Brown Penn Recreation Center. This free event will showcase Highlands's team vs Ridgeview's campus in a game of 7 on 7 flag football. There will be two games one for youth ages 10 to 15 and an adult game for ages 16 and over on Thursday, July 30 beginning at 5:00 pm.

Brown Penn Relay

Race: Strap up your running shoes and bring a team to compete in the Brown Penn Relay on Tuesday, August 4 at 2:30 pm at Samuel William Davis Sr. Multipurpose field. This event is free and will consist of a variety of fun relays for participants ages 15 and under. All materials will be provided.



Back to School Dance: Dance the night away at Brown Penn Recreation Center on Friday, August 14 from 6:00 pm until 8:00 pm. The dance floor will be open to youth ages 8 to 15.

3-on-3 Basketball Double Elimination Tournament: This will be a co-ed double elimination basketball tournament for youth ages 10 - 15 each team must have at least one female. Bring your "A" game on Thursday, August 27 at 3:00 pm for this free basketball tournament.

Free Style Fridays: Free month long competition for youth ages 8 to 15 years old. Grab the mic and recite your most creative lyrics. The battles begin Friday, September 4 at 4:30 pm and will be held every Friday throughout the month of September.

Basketball Conditioning: This free event will consist of endurance drills, hand eye coordination drills and drills to help players become a better athlete. Offered on Wednesday, September 9 for youth ages 10 to 15 at Samuel William Davis Sr. Multipurpose Field beginning at 1:00 pm.

Art Contest: Show your creativity by creating a picture using random art supplies on Tuesday, September 15 at 5:00 pm. Offered for ages 15 and under. All materials will be provided and all art work will be judged and the winner will receive a small prize.

Halloween Craft: Boo!!! Were you scared? All ghosts and goblins float over to Brown Penn Recreation Center on Tuesday, October 6 at 5:00 pm and create a Halloween mask that will scare all your friends! This free event is open to youth ages 5 to 10 years old.

Pink Tuesday: Wear your pink attire on Tuesday, October 13 at 5:00 pm and support thousands of women waking

up to the harsh battle of breast cancer every day. All youth ages 5 to 15 years old are encouraged to join us for this free event.

Teen Boot Camp: On Thursday, October 22 at 5:30 pm Brown Penn Recreation Center will be leading a boot camp for participants ages 10 to 15. This is a free event that will include several physical activities to enhance your mind and body.

Halloween Costume Contest: Calling all Princesses and Superhero's to Brown Penn Recreation Center for a free Costume Contest on Friday, October 30 from 6:30 pm to 8:00 pm. There will be a panel of judges to select three winners and a small prize will be awarded to those top 3 finishers. All contestants must be 15 and under.

Thanksgiving Cornucopia: Brown Penn Recreation Center will be creating cornucopia art on Thursday, November 5 at 5:30 pm. All participants must be 15 and under.

Etiquette Class: Is that a salad fork or a dinner fork? If you are puzzled, we invite you to pull up a chair and take a seat around our table at Brown Penn Recreation Center on Saturday, November 14 at 1:00 pm. All youth ages 10 to 15 years old RSVP this free event by Tuesday, November 10.



Burpee Battle: Jump up, Jump down... yes it's the dance called the "Burpee"...on Wednesday, November 18 at 5:00 pm at Brown Penn Recreation Center the staff will be leading a free endurance training session that consists of multiple combinations of the burpee.. Youth ages 8 to 15 are welcomed to come workout.

Indoor Hockey: Brrrrr! It is cold outside, so stay in shape by playing a game of hockey inside on Friday, November 20 at 4:30 pm. This event is open to youth ages 15 and under.

Santa Craft: Santa Clause is coming to town...Before he gets here, join us on Tuesday, December 8 at 5:00 pm and enjoy making a Santa handprint craft. Free for ages 15 and under and all materials will be provided.

Basketball Dribbling Drills: It is mid-season and we all know it's time to incorporate ball handling into our workouts. Brown Penn Recreation Center is the place to be on Thursday, December 10 at 5:30 pm to learn the proper techniques of ball handling and creating space off the dribble. Free for ball players ages 10 to 15.



Lunch With Santa: Santa will be at the Ridgeview Recreation Center on Wednesday, December 16, from 11:00 am to 12:30 pm. We invite youth ages 3 to 5 years old to eat lunch, listen to a story, and create a Christmas craft with Santa.

Free Throw a Thon: On Wednesday, December 30, Brown Penn Recreation Center will be hosting a free throw shooting competition at 6:00 pm for ages 8 to 15. Count down the New Year by seeing how many free throws you can make in 2 minutes.

RIDGEVIEW RECREATION CENTER

Ridgeview Recreation Center
115 7th Avenue SW
828-324-8007

Andrea Nixon, Senior Recreation Programmer
anixon@hickorync.gov

Lance Riddile, Recreation Programmer
lriddile@hickorync.gov

Hours of Operation:
Monday-Friday 1:00 pm-9:00 pm
Saturday 10:00 am-6:00 pm

Art for All: Ever want to learn to paint or maybe you have some experience but don't have the supplies or need a little instruction? Come to Ridgeview Recreation Center every third Tuesday of the month for free art classes. Just show up and have fun creating, sharing ideas and learning something new beginning on Tuesday, July 21 at 6:00 pm.

GameStop at Ridgeview: Join Ridgeview Recreation Center in collaboration with GameStop and All Gamers Club, Inc. on Friday, July 24 from 2:00 pm to 7:00 pm for non-stop entertainment! There will be video games on the Xbox 360 and PlayStation 3. Plus an exclusive Madden



2015 Tournament with prizes for the winners! Registration for the tournament will be between 1:30 pm and 2:00 pm. Accepting the first 16 participants to sign up. Kick-off will start at 2:30 pm! All games will be rated E for Everyone. All video games and consoles will be provided. Free for all gamers!

Geocache, Help Us Develop Our Site: The word Geocaching refers to "geo" for geography and to "caching," the process of hiding objects. But the term is also used in hiking/camping as a hiding place to conceal and preserve provisions. Help us become a Geocache site. We will explore the area around Taft Broome Park, decide on good locations, determine types of caches to use, log the coordinates and submit our caches to the official Geocache website. We will then share with our friends and the world and watch as people log their discoveries. As a participant you will be given a special Geo free gift. This experience is open to the public and free for all 16 and older. All materials will be provided. For questions regarding this event please call Lance Riddile at 828-324-8007. This event starts at Ridgeview Recreation Center on Friday, July 31 at 3:00 pm.

Circus Circuits: Join Personal Fitness Trainer, Andrea Nixon the entire month of August for circuit training. Make an appointment to have a custom made circuit training exercise just for you. This will add a little spice to your normal workout routine.

Poppin' Pop: Join us on Monday, August 3 starting at 2:00 pm for Poppin' Pop! We will have a poppin' time with pop music, popcorn, popsicles and more. All pop materials will be provided while supplies last.

QT with the Grands: Inviting all grandpas, grandmas and grands to Ridgeview Recreation Center on Thursday, August 6 starting at 12:30 pm. We want to do something grand-like! Join us for fun games, contests, activities,

refreshments and family fun. Free for the family!

Eye Openers: Join us at Ridgeview Recreation Center for valuable information about our eyes! Information will be displayed Monday, August 10 through Friday, August 14 for participants to see the importance of taking care of our eyes.

Bike Glenn Hilton Jr. Memorial Park: Riders will travel to the park via city van then ride a group ride. Bring a bag lunch and we will provide water. You can use a book bag to travel with your lunch and water. This experience is open to the public and free for all 16 and older. Bring your own bike and you must wear a helmet. For questions regarding this event please call Lance Riddile at 828-324-8007. We will meet and load up at Ridgeview Recreation Center. This fun ride will take place Saturday, August 22 at 10:30 am.



Wise Women, Get Wealthy: Are you part of the estimated seventy percent of American women who will manage their household finances within the next two generations? Make sure you are keeping yourself and your family headed in the right direction with this informative workshop. Topics to be covered include, but are not limited to: the Social Security gap, how stocks, bonds and other investments work, issues of divorce or widowhood and what to expect from a financial advisor. All materials will be supplied. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddile at 828-324-8007. This program will be held at Ridgeview Recreation Center Thursday, August 27 at 5:30 pm.

Hump Day Relax Stretches: The most commonly tight muscles are ones we typically use every day. Let's stretch those muscles out on Wednesdays for the entire month of September starting on Wednesday, September 2 at 6:00 pm. Join Personal Fitness Trainer, Andrea Nixon for 30 minutes of cool down and relaxation on Hump Day

Golden Olympics: Come to Ridgeview Recreation Center on Thursday, September 3 starting at 12:30 pm for games and competition. Wear your tennis shoes, comfortable clothing and don't forget a competitive spirit and good sportsmanship. Free for ages 50 and better. Winners will be awarded in the competition.

WNC Farmers Market-Asheville NC: Don't miss out on all the great bargains! Sign up to take a trip to WNC Farmers Market in Asheville on Wednesday, September 9. The van(s) will depart from Ridgeview Recreation Center at 7:00 am and return by 2:00 pm. Cost is \$4.00 to ride the van and others are welcome to follow. Space is limited. This market is set on a 36-acre site overlooking the Blue Ridge Mountains and Biltmore Estate. Shop a variety of farm fresh produce, canned goods, honey, nursery items and hand crafted goods. Registration starts Monday, August 3 and fees are due by Monday, August 31. For more information, please contact Andrea Nixon, Senior Recreation Programmer at (828) 324-8007 or anixon@hickorync.gov.



Art for All: Ever want to learn to paint or maybe you have

some experience but don't have the supplies or need a little instruction come to Ridgeview Recreation Center. Every third Tuesday the Hickory Museum of Art and Hickory Recreation will team up to offer free art classes. Just show up and have fun creating, sharing ideas and learning something new. All art materials will be supplied. Free for participants ages 16 and older. This program takes place on Tuesday, September 15 at 6:00 pm.

Daddy Daughter Date Night - Fiesta, Fiesta: A magical night to create memories between dads & daughters. No matter what the age, there's not a more important person in a girl's life than her father. Daddy Daughter Date Night provides the perfect opportunity for dads to take their princess(es) out for a special night of their own! Join us for our first Daddy Daughter Date Night - Fiesta, Fiesta.



A night meant for endless giggles, smiles, and memories being made between dads & daughters. This special date includes a keepsake photo, prize giveaways, dancing and an unforgettable evening! Dad unable to attend? No worries! Your little girl can still feel like a princess, simply invite a grandpa, an uncle or an older brother (18+) to enjoy the evening. This is sure to be a night to remember! All materials will be supplied. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddle at 828-324-8007. This special event will take place at Ridgeview Recreation Center on Friday, September 18, 6:00 pm. to 8:30 pm.

Wiffleball Home Run Derby: What better way to celebrate the coming of the Major League Baseball playoffs than to have a wiffleball home run derby. Experience the excitement of crushing a homer over the fence. Be part of the fun! Wear your favorite teams gear! Hit like an All-Star and claim the Derby Championship Crown. This event is for participants 16 and older. We will take sign ups at Ridgeview Recreation Center up until the day of the derby Tuesday, September 22 at 5:00 pm. For more information call Recreation Programmer, Lance Riddle at 828-324-8007.

National Preparedness Month- Financial Plans For Your Future: Get prepared for your future in the present. Learn how to build and maintain performance portfolios with the benefits of sharp financial thinking, unbiased information and research. In this one time workshop all materials will be supplied. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddle at 828-324-8007. This program will be held at Ridgeview Recreation Center Thursday, September. 24 at 5:30 pm.

Pink Affair: For Breast Cancer Awareness Month, Ridgeview Recreation Center invites you to join us for pink cupcakes and pink attire. This event will take place starting Monday, October 5 through Friday, October 9. There will be informational handouts provided. Participants will sign a poster for loved ones who are fighting or fought strong. All materials will be included. Support the cause! Free for ages 16 and up!



Jumping Twacks: Let's twist that ordinary jumping jack in to a turbo workout. Meet at Ridgeview Recreation Center on Monday, October 12 between 3:00 pm and 6:00 pm. Participants will learn different variations of Jumping jacks

to get both an upper and lower body workout. All materials will be provided. Free for ages 16 and up!

The Great Pumpkin Carve and Contest: Here's a chance to carve your own pumpkin and enter it in to our contest. Join us for a fun filled evening of creativity as we turn our pumpkins into a special personalized design. Be sure to wear clothes you can get dirty. We will supply one small pumpkin per person. All types of stencil designs will be available. Carving tools will be supplied. You are welcome to bring your own pumpkin if you chose. Pumpkins that are supplied will be judged for the contest. Sign-ups are in advance at Ridgeview Recreation Center front desk. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddle at 828-324-8007. This event will take place at Ridgeview Recreation Center on Thursday, October 15 at 5:00 pm.



UNC-Charlotte's International Festival: Join Ridgeview Recreation Center on Saturday, October 17 to take a journey to the International Festival at the University of North Carolina in Charlotte, NC. Participants will be able to experience cultures of over 50 nations through food, games, and arts and crafts. The van will depart Ridgeview at 9:00 am and return no later than 5:30 pm. The cost to ride the van is \$4.00 per person. Space is limited. Registration forms and transportation fees are due by Wednesday, October 14. Admission is free to get in the festival. Ages 8 and up are welcome. Any children under 8 must be accompanied by a parent or adult guardian. For more information please contact Andrea Nixon, Senior Recreation Programmer at Ridgeview Recreation Center (828) 324-8007 or Sade Roseboro, Assistant Recreation Programmer at Brown Penn Recreation Center (828) 328-4890.

Facebook Halloween Costume Photo Contest: "Like to win!" We take the picture of you in your best Halloween costume and post it to Hickory Park & Recreation Facebook page. The person who gets the most "Likes" for their costume will win a fabulous prize. Prize details will be posted on our City of Hickory Parks and Recreation Facebook page. So "Like" us and get more information on opportunities to win. The earlier you get us a picture the more chance you can get "Liked." Free for participants ages 16 and older. A photo release form will need to be signed prior to photos being posted. This event will start Monday, October 19 and run until Friday, October 30 at 8:00 pm at Ridgeview Recreation Center.

Halloween Mask Making Fun: It's time to get creative. Let's have some fun and make your own Halloween mask. All you need is your creativity. All materials will be supplied. Free for participants ages 16 and older. This event will take place Tuesday, October 27 at 6:00 pm at Ridgeview Recreation Center.

Walk n' Talk: Join Ridgeview Recreation Center on Tuesday, November 3 starting at 10:30 am as we build up cardio while catching up with friends and meeting new people. This will get your heart rate up with some motivation all around you. Bring your most comfortable walking shoes and water bottle. All other materials will be provided. Free for ages 50 and swifter!

Run to the Hills – Wellness Program: Chart your miles on the treadmill, stationary bike, elliptical or any time you run/walk. Pick a destination in the Appalachian Mountains you would like to go we will plot it out for you. Then see how quickly you can get there and back. Free for participants ages 16 and older. This event will start Thursday, November 5 and run until Saturday, November 28 at Ridgeview Recreation Center.



Cooks Flea Market: Mature adults ages 50 and better are invited to join us on Saturday, November 7 at Cooks Flea Market in Winston Salem, NC. The van will depart Ridgeview at 7:00 am and return no later than 3:00 pm. Bargain shoppers will explore North Carolinas largest indoor flea market with over 500 booths! Sign up at Ridgeview Recreation Center starting Thursday, October 1 through Saturday, October 24. Cost is \$4.00 per person due by Saturday, October 31. You don't want to miss out!

Make it Count Basketball Shootout: Shoot from designated areas on the floor until you make it then move on until you score from every spot. We will keep track of your shooting percentage. See how you match up against your peers. It's fun and free. Prizes will be awarded for the top three shooters with the best shooting percentage. All materials will be provided. Free for participants ages 16 and older. This event will take place Tuesday, November 10 at 6:00 pm at Ridgeview Recreation Center.

The Bake Off: Well...Thanksgiving is right around the corner. Let's see who's cooking up something that not only smells nice but tasty too! Ridgeview Recreation Center invites all bakers ages 50 and sweeter on Thursday, November 12. Please bring in your favorite baked dish. Dishes will be judged based on visual appearance, smell and of course taste. Bring your sense of flavor and all other materials will be provided.

Community Blood Center of the Carolinas: The need for blood is great in our area! Donate at Ridgeview Recreation Center on Tuesday, December 1 from 4:00 pm to 7:00 pm. Donors must bring a government issued photo identification card. Must be at least 16 years old. Thank you in advance. You are a life saver!

Magnificent 7 Minute Workout: Burn calories and slim down in an efficient seven minute work out! Free for ages 16 and up. Join Personal Fitness Trainer, Andrea Nixon for a quality workout. This demonstration will take place on Thursday, December 3 starting at 1:00 pm for all interested. All materials will be provided. Be prepared to work!

We Love Our Troops: Support our military troops from miles away. Participants ages 50 and better will assemble items to send off to support our troops. This assembly line will take place at Ridgeview Recreation Center on Tuesday, December 8 at 12:30 pm. All materials will be provided. Free event.



Christmas Cheer: Spread the good cheer of Christmas with others on Thursday, December 10. Participants will travel to local assisted living facilities and hospitals to put a smile on someone's face. Please contact, Andrea Nixon, Senior Recreation Programmer to reserve your seat. Space is limited. The van(s) will depart Ridgeview at 11:00 am. Free for anyone 50 and up!

Personalize a Christmas Ornament: Bring an ornament or use one of ours to create a personalized Christmas gift or family keepsake. All materials will be supplied. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddle at 828-324-8007. This event takes place Thursday, December 10 at 2:00 pm at Ridgeview Recreation Center.

Snowball Classic Volleyball Tournament: Ridgeview Recreation Center has announced its Inaugural Snowball Classic 4-on-4 Coed Volleyball Tournament. The tournament is open to any interested individual. If you don't have a team we will get you on one. Sign-ups will begin December 1. Sign-up at the Ridgeview Recreation Center front desk. A team consists of 4 players on the court in any combination of (2 men, 2 women) or (3 men, 1 women) or (3 women, 1 man). There will be no limit to the number of eligible players on a team roster. Teams must have at least 3 players to start a game. At least one of each gender must be represented. The top three teams will be awarded prizes.

The winning team will receive the first annual "Snowball." All materials will be supplied. Free for participants ages 16 and older. For more information call Recreation Programmer, Lance Riddle at 828-324-8007. This event will take place at Ridgeview Recreation Center on Saturday, December 19 starting at 11:00 am.



HIGHLAND RECREATION CENTER

Health, Fitness and Wellness Programs

Highland Recreation Center

Kyle Mishler, Recreation Programmer
828-261-2258
kmishler@hickorync.gov

Alisha Deal, Recreation Programmer
828-261-2259
adeal@hickorync.gov

Fitness Center Hours of Operation:
Monday-Friday 5:30 am-9:00 pm
Saturday 10:00 am-6:00 pm

National Childhood Obesity Awareness Month: In an effort to prevent childhood obesity, we are encouraging all youth fitness center users ages 13-17 to take advantage of our free personal training sessions throughout the month. During the month of August, we will focus on cardiovascular

and strength training while providing tips on staying active and preventing obesity. See Kyle for Information!

August Mission Accomplished: Are you ready to be fierce in August? As you know, diet is a huge part of the equation when it comes to getting in shape and seeing quick lasting results, no matter how hard you train and push yourself. Highland Recreation Center Fitness Center starting Saturday, August 1 through Monday, August 31 will be distributing copies of a complete 30 day healthy eating guide that will assist you on how to get into better shape. Open to all fitness center users 13 and up.

Awesome August Abs: On Monday, August 3 from 2:30 pm to 3:30 pm meet Alisha in the stretch and core room located in the Highland Recreation Center Fitness Center. She will be instructing patrons on three different abdominal routines to add to their workout routines. Open to all fitness center users 18 and up.

Rower Challenge: The rowing machine is a great cardiovascular exercise that works your lower body and upper body at the same time. During the week of August 3 -8, sign up to compete in the Rower Challenge! The furthest distance for male and female will win a prize.

Compound Movements: Compound exercises such as rows, squats and presses are great because they incorporate more than one muscle at a time. But did you know that you can add two exercises together to make them even more challenging? On Tuesday, August 4 at 4:00 pm see how you can combine exercises to give you better results! Open to fitness center users ages 13 and above.

I Pledge to Skip Desert: Instead of eating dessert come to Highland Recreation Center Fitness Center and treat yourself to a 45 minute walk on the treadmill or a 45 minute bike ride using the upright bike. This challenge will take place on Monday, August 10 from 1:00 pm to 9:00 pm. Open to all fitness center users 13 and up. "Making a small change in your daily habits can have big benefits for your life".

Pull Up Challenge: Pull ups are a great upper body exercise that work your back and biceps. This month long program in September will focus on building that strength you need to be able to do just one pull up or several and is open to all fitness center users.



The Backside Burner Elliptical Workout: The elliptical is a great machine for cardiovascular exercise as well as strengthening your leg and arm muscles. On Tuesday, September 8 at 11:00 am come work those muscles and try this fun elliptical workout. The workout will consist of different intervals, hills and speeds. Open to all fitness center users.

Keeping Seniors Young: The mission of keeping seniors young is to inspire seniors to step up to a stronger, healthier body and a sharper mind. Thursday, September 10 from 11:30 am to 12:30 pm Highland Recreation Center Fitness Center will be hosting a group exercise class in the Aerobic Studio for all senior patrons.

Wall Sit Test: Join Alisha on Thursday, September 17 from 2:00 pm to 4:00 pm in the Highland Recreation Center Fitness Center for a wall sit burn session. Each participant will be shown the correct wall sit technique. She will discuss the importance of incorporating wall sits into your workout

and handing out a 30 day wall sit calendar. Free to all fitness center users 13 and up.

30 Day Double Dog Dare: Highland Recreation Center Fitness Center will be hosting a 30 day yoga challenge beginning on Tuesday, October 1 from 2:00 pm to 2:30 pm. Alisha will assign one yoga pose per person to work on daily for 30 days. Each participant will report back each week showing their progression. By practicing your yoga pose regularly for 30 days you will develop flexibly,



balance and overall growth in your yoga practice.

Body Weight Squat Challenge: During the week of October 5-10, all fitness center users are encouraged to try this fun body weight squat challenge. Each participant will try to squat their own body weight for as many reps as possible. The top two male and female participants will receive a prize! The number of reps must be verified by a fitness center staff member.

Two Week Halloween Fitness Challenge: Anyone with kids knows that it is hard to resist getting caught up in all of the trick or treat madness. Having that candy just sitting around the house just haunts you to eat it. Here's what you can do about it. Starting Monday, October 5 through Monday, October 19, Highland Recreation Center Fitness Center will post a 2 week fitness challenge that you will complete at the gym. Alisha will have a sign-up sheet for those who want accountability. Open to all fitness center users 13 and up.

Backside Workout: While many people focus on the muscles on the front of their body, they tend to neglect the ones on the back side of their body. On Tuesday, October 13 at 4:00 pm at Highland Recreation Center Fitness Center, learn different exercises that work your calves, back and triceps to prevent muscular imbalances. Open to all fitness center users.

Little Push Partner Workout: Catching up with your BFF is fun. Kicking each other's patootie? Even better! The beauty of working out with someone makes you stay accountable and work harder, faking isn't an option! Join Alisha and Kyle on Tuesday October 20 from 3:00 pm to 3:45 pm in the Highland Recreation Center Aerobic studio for a 45 minutes partner workout. Open to all fitness center users 13 and up.

Weights For Women: Listen up ladies! Weights are not just for the guys! Lifting weights can help you become more insulin sensitive, decrease your chance of getting diabetes, help improve strength and increase lean body mass. On Tuesday, October 20 at 4:00 pm, come learn the basics of lifting weights and how to incorporate it into your everyday routine! Open to all fitness center women ages 18 and over. See Kyle for Details!



Diabetes Month: November is National Diabetes Awareness Month. Nearly 30 million children and adults in the United States have diabetes. Highland Recreation Center Fitness Center is encouraging everyone ages 13 and up to help us reverse this trend by participating in this month long workout that will focus on our cardiovascular health.

Thanksgiving Trot: In preparation for Thanksgiving, we are encouraging all fitness center users to add a little bit of walking to their daily routine. All month long leading up to Thanksgiving, this workout will add a little more walking to each day and include a strength exercise for the day. This program is open to all Highland Recreation Center Fitness Center users.

Get The Most Out of Your Workouts: A lot of time can be spent wasted in the gym. The average workout should last 45 minutes to one hour if you are doing it properly. With the holidays coming up, you need all the time you can get! On Tuesday, November 10 at 4:00 pm come join us as we complete a full body workout and go over tips and tricks that you can use to have your workouts run more efficiently.

Active: Hill running increases leg muscle power; improves fitness; and uses the muscles of the legs, arms and core in ways that are different than running on flat surfaces. Join Alisha on a two mile hill run Monday, November 23 from 2:30 pm to 3:30 pm meet outside the Highland Recreation Center. Open to all fitness center users 13 and up.

O' Fitness Tree: During the month of December, all Highland Recreation Center Fitness Center users are encouraged to participate in our "Fitness Tree" challenge. Each day of the month will consist of a different challenge that will focus on strength and cardiovascular exercise. See Kyle for more information!



December Bulk Fest: December, the best time to spend with family and friends is also the best time to BULK up! Starting Tuesday, December 1 through Thursday, December 31 Highland Recreation Center Fitness Center will have a 4 week bulk up workout plan posted on the bulletin board for all fitness center users 21 and up.

New Year's Head Start: Why wait until January to start working out? Now is a perfect time! For the month of December all new fitness center users can get a head start on the New Year and sign up for free personal training sessions. During the sessions, trainers will go over how to use the equipment, setting up a personal workout plan and weekly weigh in's.

Burnout Workout: Do you ever finish your workout and feel like you haven't done very much? If so, a "burnout" at the end of your workout could be a great way to leave you feeling pumped! There are several different ways you can accomplish this. On Wednesday, December 9 at 4:00 pm, come learn different methods for adding this principle to your workout routine.

HIGHLAND RECREATION CENTER

Highland Recreation Center
1451 8th Street Drive NE
828-328-3997

Von Curry, Senior Recreation Programmer
vcurry@hickorync.gov

Robin Dillingham, Recreation Programmer
rdillingham@hickorync.gov

Hours of Operation:

Monday-Friday 5:30 am-9:00 pm
Saturday 10:00 am-6:00 pm

Around the World Challenge: On Tuesday, July 21, at 5:00 pm, play around the world, knock out and have a 3 point contest. Points will be tallied and a winner will be declared. Open to kids ages 12-18. Cost is free.

Family and Friend Board Game Night:

Play some fun board games with your friends and family on Tuesday, August 4 at 5:00 pm. Open to anyone ages 8 and up. Meet in the Highland Recreation Center game room.



Wave In a Bottle:

Experience the wonders of the ocean right here at Highland Recreation Center. Wednesday, August 5, starting at 4:00 pm, explore this experiment on how nature works by participating in this activity, Waves in a bottle. Youth will discover how and why water behaves and will be amazed at the power of the natural world. This science adventure is available to youth, 12 and under. All materials will be provided!

Car Travel Book: Let's make books to take with you on long trips over the summer. The books have different activities such as counting license plates, trip information, and word searches. This program is open to youth ages 7 and under and is offered on Tuesday, August 18, at 4:00 pm.

Spectacular September: The days are getting shorter and a little cooler and it's great time to have a super fun filled field day. Meet us on Saturday, September 12 beginning at 10:30 am for events such as, Frisbee throw, spoon/egg relay, hula hoop contest, sack race, limbo contest and more. Free water, snacks and medals provided! Available for ages 5 to 10 years old.

Back To School Art Skills: On Monday, September 14, at 6:00 pm, celebrate being back to school with your art skills that display what you like most about school and show off your art skills. Open to youth ages 7 and under. The cost is free and all materials will be provided.

Scavenger Hunt: See if you can find the most hidden items outside the recreation center on Tuesday, September 22 at 6:00 pm. This event is open to youth ages 8 to 16.

Button Branches:

Fall into Fall! This is such a beautiful time of the year when the trees and leaves begin to change colors. Explore with us as we discuss how and why these changes happen while designing our own fall twig branches with various buttons. This free family event begins on Wednesday, September 23, starting at 4:00 pm.



Back To School Kickball: On Monday, September 28 at 5:00 pm, bring your friends and play a fun game of kickball at Stanford Park. This event is open to youth ages 7-14.

National Coffee Day: Grab a friend or a good book and come to Highland Recreation Center. Have a sip on us with us! It's National Coffee Day. Join us on Tuesday, September 29 starting at 8:00



am and sample various blends of hot or cold coffee. Free event available to all coffee lovers.

Marshmallow Mummies: Meet us at Highland Recreation Center game room and create a funny and oh so sweet mummy made with marshmallows! This program is open to youth ages 8 to 15 and will be offered on Monday, October 5 at 4:30 pm.

Pinecone Owl: Whoooo, Whooo, do you want to create a colorful owl from a pinecone? Meet us on Thursday, October 8 starting at 4:00 pm in the Highland Recreation Center Community Room. Design your owl with a lot of Fall flare! This free event is available for youth ages 12 and under.

Halloween Mask Making: On Tuesday, October 13 at 5:00 pm, design your own scary or fun Halloween mask at Highland Recreation Center. This program is for youth ages 9 and under and is free.

Paper Bag Scarecrow: Youth will enjoy this fall craft as they explore their creativity. Come help us design this simple scarecrow into a beautiful piece of art. This free activity is available for youth 12 and under on Thursday, October 15 beginning at 4:00 pm.

Handprint Halloween Bats: This event will take place at Highland Recreation Center on Monday, October 19 at 5:00 pm for youth ages 3 to 9. Make bats with your handprints! All material will be provided for this free event!

Paper Cup Turkeys: This fun event will be on Tuesday, November 3, at 5:00 pm. Make a turkey out of a paper cup. Use your imagination to personalize your turkey and make it your very own. This program will be available at Highland Recreation Center and is open to youth ages 7 and under.

Pilgrim and Native American

Hats: Monday, November 9, at 5:00 pm, bring your friends to Highland Recreation Center and make Thanksgiving motif hats. You can be a Pilgrim or a Native American. This program is open to youth ages 3 to 9. Cost is free!



"Off To The Right Start", Going Blue!: World Diabetes Day is here at Highland Recreation Center and we want to get "Off to the Right Start" Let's support this cause by wearing blue as well as by providing healthy samples and information on what kind of breakfast that can help prevent or manage people with Type 2 diabetes. Visit our health and wellness display table, grab helpful handouts and learn how to access a healthy breakfast. Free event for participants of all ages on Friday, November 13.

Thankful Tree: Highland Recreation Center encourages participants to make a decorative tree out of their handprints and write about what you are thankful for on Tuesday, November 24, at 4:30 pm. All art work will be displayed in the recreation center and is open to youth ages 7 and under.

Clothespins Rudolf: Want to make an inexpensive Christmas craft? Join us on Tuesday, December 8 beginning at 4:00 pm as we create a Rudolf out of clothespins. This free event will be held at Highland Recreation Center for youth ages 10 and under. All materials will be provided!

Santa Hat Crafts: Tuesday, December 15 at 5:00 pm, let's make a Santa hat out of construction paper! This is a great Christmas project held at Highland Recreation Center for young people, age 7 and under. The cost of this event is free and all materials will be provided.

Basketball Skills Challenge: This program will be held at Highland Recreation Center gymnasium and is available for youth ages 6 to 9 years old on Tuesday, December 22 at 5:00 pm. Participants will do various basketball drills to prepare for the upcoming season.



NEILL CLARK RECREATION CENTER (Main Building)

**3404 6th Street Drive NW
828-324-6990**

Angela Smith, Senior Recreation Programmer
asmith@hickorync.gov

Abs & Tone: This intense sculpting class will target all the major muscle groups which most forget to work, all while keeping your heart rate up. This class will be offered on Mondays from 5:30 pm- 6:05 pm at Highland Recreation Center.

DFR (Dance Fitness Revolution): This dance class is guaranteed to keep you on your toes and your heart rate up. Fresh beats and smooth moves will keep you coming back for more! This class will be offered on Mondays from 6:10 pm-6:50 pm at Highland Recreation Center.

SOAP: Hickory Parks and Recreation Department will hold SOAP, Summer Outdoor Adventure Program the week of July 13-17 and August 3-7. The second session is for youth ages 12-15 years old, and the third session is for youth ages 9-15. Please contact Angela at 828-324-6990 or at asmith@hickorync.gov for more information and details on this program. Register at the Administrative Office located at 1451 8th Street Drive NE.

Canoe Day's On Lake Hickory: Hickory Parks and Recreation Department will offer Canoeing on Lake Hickory on Friday, July 24, Saturday, August 15 and Friday, September 11. Plan to be out on the water for 2 hours. Times to be determined. Registration is required to participate and all participants will be required to fill out a liability release form and parental consent if under the age of 18. There is a fee of \$5.00 for all City of Hickory residents and \$10.00 for all Non-City of Hickory residents. If interested please contact Senior Recreation Programmer, Angela Smith 324-6990.



Alpine Tower Climb: Calling all people that love to climb! On Friday, August 14 join us as we climb the Alpine Tower, from 3:00 pm-5:00 pm. Participants may climb for free! The Alpine Tower is located at Henry Fork River Regional Recreation Park, located at 5655 Sweet Bay Lane. Participants will be asked to sign waiver forms prior to climbing the tower. Trained and knowledgeable staff will be operating the tower.

City of Hickory Corporate Challenge: The City of Hickory Parks and Recreation Department will host the 2015 Greater Hickory Metro Corporate Challenge Monday, September 21-Saturday, October 3. The purpose of the challenge is to promote fitness and wellness as well as to promote team

building through friendly competition. The Challenge will be built around a series of events that encourage participation of local corporations, professional associations, organizations and other community groups. Please contact Angela Smith 324-6990 for more information on how to register.

Nature Rocks: Saturday, November 7 at 10:00 am at Geitner-Rotary Park. Participants will learn how to build a campfire and take a hike to the Boy Scout cabin where we will explore and learn about the history of the cabin. Participants interested in attending will need to contact Angela by Thursday, November 5. Geitner-Rotary Park is located at 2035 12th Street Drive NW.



Christmas Photo Fun: Everyone is welcome to attend out Christmas photo fun day on Tuesday, December 1, 4:00 pm-5:30 pm at Neill Clark Recreation Center, Main Building. Pictures will be taken using different fun props and an ornament can also be made for your outdoor tree! This program is open to the entire family free of charge. Photos will be e-mailed the next day.

Hickory Music Factory Programs

Music Appreciation Class: This class will study the history of American music from early jazz to present day rock. This program is open to all ages at no charge and will be held at Hickory Music Factory on Saturday, September 12 from 1:00 pm- 2:00 pm. Call Angela at 324-6990 for more information on this program. Please pre-register by Thursday, September 10 at 5:00 pm.

Community Music Lessons: Offered to ages 5 and up regardless of experience and will be held on Saturdays in half hour sessions. Music lessons are free for all City of Hickory residents and \$5.00 for all non-City of Hickory residents. Lessons will be offered on Saturday, October 3. Participants must pre-register for classes the Wednesday prior to lessons being offered. Residency verification is required. Please call Angela to pre-register at 324-6990.

Music Showcase at Hickory's Oktoberfest: Selected participants will have the ability to show off their musical talents at Hickory's Oktoberfest on Saturday, October 10. Interested participants will need to audition, by sending your audition to Angela Smith at 1451 8th Street Drive NE Hickory, NC 28601 or by contacting Hickory Music Factory 828-308-5659 to set up an audition time. Submissions must be approved by Wednesday, October 7 to participate.



NEILL CLARK RECREATION CENTER GYMNASIUM

3404 6th Street Drive NW
828-322-2188

Greg Lewis, Recreation Programmer
glewis@hickorync.gov

Hours of Operation:

Tuesday-Friday 1:00 pm-9:00 pm
Saturday 10:00 am-6:00 pm

8-Ball Tournament: This program is offered to ages 15 and up and is double elimination tournament and will be held on Wednesday, July 22 at 6:00 pm. The winner will receive a trophy.



Jump Rope and Hula Hoop Fun: This is your opportunity to enjoy a day of jump rope and hula hoop. Bring your friends and compete for bragging rights. The jump ropes and hula hoops will be supplied and begins on Saturday, August 1 at 2:00 pm.

Chess Tournament: This event is for ages 16 and up. It will be held in our nice cool game room and will be single elimination. The tournament starts at 12:00 pm on Saturday, August 8.

Foul Shooting Skill: Try out your skill and accuracy at the foul line. Three rounds of 15 shots will be conducted to determine the winner. It's free and will be single elimination. The action begins at 6:30 pm on Friday, August 14.

Arts and Crafts For Kids: This is a chance for youth ages 7 and under to make a special craft or create a piece of art work. All supplies will be provided and will begin on Saturday, September 12 at 12:00 pm.

Sports Trivia Quiz Partners: Team up with a partner and compete in a series of sports related questions. The team that answers the most correct questions will receive ribbons. The quiz begins on Saturday, September 12 at 4:00 pm. This contest is free and open to ages 13 and up.

Madden 2016 Football: Let's start off the football season with a bang. This is our annual Madden tournament on Xbox 360. Its single elimination and trophies will be given to the winner on Saturday, September 19 at 12:00 pm.

Field Day Games: Join the fun with sack races, spoon egg races, relay races and more! This program is for ages 4-10 and will begin at 12:00 pm on Saturday, October 3. Come join in the fun!

Tag Football: 4 on 4 tag football will be offered to ages 16 and up, free of charge. This program will begin at 2:00 pm On Saturday, October 10. Bring your team and show your skills.

Make a Halloween Basket: Let's get in the Halloween spirit and make your own Halloween basket. We invite youth ages 4-8 to make a Halloween basket to carry their candy. It's free and materials will be provided. Join us on Saturday, October 24 at noon.



Corn Hole Contest: This program is offered to ages 15 and up and is free. Let the fun begin for this double elimination tournament on Friday, November 6 at 6:30 pm. First and second place will receive ribbons.

Draw a Thanksgiving Turkey: We invite you to draw a picture of a Turkey on poster board and color it on Saturday, November 14 at 12:00 pm. Ages 4-8 are welcome to participate at no charge.



4 on 4 Basketball Tournament:

This is a free program and begins at 4:00 pm on Tuesday, November 24. The program is for ages 15 and up and will be

double elimination. Trophies will be awarded to the winning team. Bring a team and let's see what you've got!

Christmas Card Fun: It's that time of the year to make your own Christmas card with glitter, ribbon and candy canes. We will supply the materials to make your very own special card. This event is free. It begins at noon Saturday, December 5 and is open to all ages.

NBA 2K16: Please come out and join us Saturday, December 12 at 12:00 pm for a chance to compete in a very popular basketball video game. Ages 16 and up are welcome to participate at no charge.

Christmas Ornament Time: This event is for children 4-7 who want the opportunity to make a Christmas ornament for the tree at noon on Saturday, December 19. We invite the parents to join in on the fun. All materials will be provided.

WESTMONT RECREATION CENTER

1316 Main Avenue Drive NW
828-328-9804

Amanda Forney, Recreation Programmer
afreeman@hickorync.gov

Hours of Operation:

Tuesday-Friday 1:00 pm-9:00 pm

Saturday 10:00 am-6:00 pm

Learn to Play Chess: If you would like to learn how to play the game of chess, come to Westmont on Thursday, July 23 at 6:00 pm. This is a free program offered to the whole family.



Field Trip Friday: Time to get out and have some fun! We will start the weekend off right by taking a trip to play putt-putt and get ice cream on Friday, August 14 at 1:30 pm. Participants will be required to pay for their own activity and sweet treat. This program is offered to youth and teens 11-16 years old. Participants' parents will be asked to fill out a permission slip. Space is limited, so come and sign up early!

Tennis Time: It's time for some tennis fun! Come hit a few balls and sharpen up on your tennis game at Westmont on Thursday, August 20 at 7:00 pm. This is a free program offered to family and friends 8 years old and better. Please bring your own rackets.



Sidewalk Chalk Art Contest: If drawing is your "thing" then this is the program for you! Join us at Westmont on Thursday, September 3 at 6:30 pm and enter our Sidewalk Chalk Art Contest. This is a free program offered to the whole family. Ribbons will be awarded the winners and chalk will be provided.

Partner Relay Races: Find a partner and come to Westmont on Wednesday, September 9 at 6:00 pm. We will have a blast teaming up for a few races that require two people and working together. This is a free program offered to youth ages 8-12 years old.

2 Dribble Basketball: Let's make the game of basketball a little more challenging by eliminating the excessive dribbling. You can only dribble the ball twice before passing the ball to a teammate or taking a shot at the basket. Players will play a full court game to 16 points. This program is offered to the whole family on Thursday, September 17 at 7:00 pm.

Play Dough Creations: Playing with play dough is fun, so come to Westmont and join us on Thursday, October 1 at 6:30 pm. Create a masterpiece using your imagination and play dough. Offered to youth ages 3-12 years old.

Bicycle Safety Class- Riding your bike is a great way to get exercise and enjoy the outdoors, but staying safe is top priority. This class will give you great tips on how to be safe when riding your bike and the proper equipment to use to keep you protected. This is a free program offered to the whole family on Wednesday, October 14 at 6:00 pm.



Basketball Drills for Skills: If you need to work on your basketball skills then come to Westmont on Friday, October 23 at 6:00 pm to participate in some helpful drills. Open to players 9-16 years old. Players will work on shooting drills, dribbling drills and more.

Fall Leaf Arts and Craft Activity: Take advantage of the fall season by collecting leaves for a fun art activity. This program will be offered to youth ages 3-13 years old on Thursday, November 5 at 5:30 pm. Supplies will be provided.

Crown the King Basketball: Who reigns supreme on the basketball court? Come to Westmont and show your royal skills in our king of the court basketball competition. Bring your "A" game and see who shall be crowned KING on Wednesday, November 18 at 6:30 pm. Offered to males ages 13-16 years old

Face Painting: Come get your face painted by an amateur face painter at Westmont on Saturday, November 21 at 3:00 pm. This will be a fun, free program for the whole family to enjoy.

Decorating Westmont's Christmas Tree: Let's get into the Christmas spirit at Westmont by putting up a Christmas tree and decorating it. Participants may bring ornaments to put on the tree on Thursday, December 3 at 6:30 pm. Open to all families.

Westmont's Christmas Craft: Offered to youth ages 5-13 years old. If you enjoy making Christmas crafts come to Westmont on Wednesday, December 9 at 6:00 pm. Supplies will be provided.

A Christmas Tea Party: Young females ages 3-12 years old are invited to come to Westmont for a Christmas Tea Party on Saturday, December 12 at 12:00 pm. There will be light refreshments, music and games for the ladies to enjoy. Please wear your Christmas colors and bring a small inexpensive wrapped gift to exchange at the party.

WESTMONT SENIOR CENTER

1316 Main Avenue Drive NW
828-324-1200

Lauren Townson, Recreation Programmer
ltownson@hickorync.gov

Bridge: Open to all seniors 50 years and better Monday and Wednesdays! Contact Eldon Clayman at 439-1283 for class details.

Kings and Queens Bridge: Mondays at 12:30 pm

Fun Bridge for Beginners: Wednesdays at 9:00 am

Westmont Players, Wednesdays at 12:30 pm

Canasta/Cards: All are welcome to this open card game! Join us on Tuesday and Thursday for Canasta and other card games at 1:00 pm.

Fitness Center: Treadmills, exercise bike and multi-station gym. All participants must attend an orientation before using the equipment. Please call Lauren Townson at 324-1200 to schedule an orientation.

Hours of operation:

Monday 9:00 am – 4:00 pm

Tuesday 1:00 pm – 4:00 pm

Wednesday 9:00 am – 4:00 pm

Thursday 1:00 pm – 4:00 pm

Friday 9:00 am – 12:00 pm

Other times by appointment.

Hand and Foot: All are welcome to this open card game! Join us on Wednesdays at 1:00 pm at Westmont Senior Center

Karate: Open to children and adults. Monday and Wednesday evenings. For more information contact 2001 World Karate Hall of Fame Inductee Master Johnny Stinson at 215-0775.



Billiards: Come shoot a game of pool on Monday, Wednesday and Friday mornings from 9:00 am to 12:00 noon at Westmont Senior Center.

Senior Golf Outing: Weekly outing at an area course. Golfers pay green fees. For this week's course contact Danny Thompson at 324-6829.

Senior Water Exercise: This senior exercise class meets at Lenoir-Rhyne University Pool Monday, Wednesday and Friday mornings. There is a \$1.25 per day fee.

Monday Wednesday and Friday 9:00 am

Monday and Wednesday 10:00 am

Line Dance: Seniors who can dance or who want to learn how are invited to come try line dancing Tuesday and Thursday at 6:30 pm. For more information contact Joyce Beard at 328-4643.

SPECIAL ACTIVITIES WESTMONT SENIOR CENTER:

Summer Canned Food Drive: For the week of July 20-24 we will be collecting canned foods to donate to those in need. Please stop by and drop off your can anytime between 8:30 am and 5:00 pm.

Day with the Ducks: On Thursday, August 13 meet us at Westmont Senior Center at 8:30 am. We will provide free transportation to Glenn C. Hilton, Jr. Memorial Park to spend some time with the ducks as we enjoy the beautiful park.



Throw Back Thursday: Want to share special memories with others? On Thursday, September 10 bring in pictures

from years ago that you'd like to share. The center will be open from 1:00 pm to 4:00 pm.

9/11 Remembrance: Join us to write thank you letters to the men and women of the New York Police and Fire departments who were so crucial in helping others on this terrible day. We will also have a patriotic crossword puzzle available! This event will take place all day at the center between 8:30 am and 5:00 pm.

Pumpkin Carving Contest: Thursday, October 15 at 11:00 am will be the date and time of our Pumpkin Carving Contest! Carve your own pumpkin at home or come carve a pumpkin with us for free! All tools and pumpkins will be provided. We will have baked pumpkin seeds as a snack! The winner of the contest will receive a special Halloween prize.

National Nut Day: Certain nuts can be beneficial to your health. Join us from 1:00 pm to 4:00 pm on Thursday, October 22 in learning the nutritional facts of various nuts. We will have samples of different nuts for you to try!

Craft Day: On Wednesday, November 4 at 10:00 am we will turn ordinary candles into Thanksgiving themed creations! Join us for this free craft day event; supplies provided.

Pie Bake Off: Do you think you make the best Thanksgiving pie? We will be the judge of that! Bring your most delicious pie to share with other contestants on Wednesday, November 11 at 10:00 am. Each baker will vote for their favorite pie (no, you can't vote for yourself)! The winner will receive a prize!

Helping Others: Christmas time can be tough for families in need. During the week of December 7-11 we will have a Christmas Tree in our center with various "name ornaments" hung on it. Come pick a name from the tree. Each name has a list of "needs" that the family is looking for. Bring those items in and we will ensure the family receives the listed items in time for Christmas!

Decorate Gingerbread Cookies: This free event on Friday, December 11 at 11:00 am is sure to please your taste buds! We will provide the gingerbread cookies and icing, just bring your creativity as we spend the afternoon decorating!



SENIOR ADULT PROGRAMS AT RIDGEVIEW RECREATION CENTER

Amped: It's game time! Do you like a good challenge? Invite your friends to meet you at Ridgeview Recreation Center for "Amped", where you can compete in several board game activities such as Connect 4, UNO, Monopoly and more. Every Friday from 1:00 pm to 3:00 pm.

B-I-N-G-O: Shout it out loud! Join us every fourth Tuesday of the month from 12:30 pm to 1:30 pm. Win or lose, go home happy!



Birthday Bash: Join us as we celebrate monthly birthday's old school style every 4th Thursday of the month while listening to the smooth sounds of yesteryear. This event takes place at Ridgeview Recreation Center starting at 12:30 pm. Feel free to bring a covered dish or side item. Please give your birthday information to Andrea Nixon at

(828) 324-8007 or via email anixon@hickorync.gov.

LOL: Laugh out loud and enjoy socialization with friends every 2nd and 4th Wednesday. Come and meet new people in a new environment. Ages 50 and better.

Wellness Walk: Adults ages 50 and fitter can walk on Saturday mornings around the gymnasium starting at 10:30 am. Walk at your own comfortable pace and feel free to bring a friend too!

Pickleball: Beginners and experts are invited to come and play Pickleball every third Tuesday of the month starting at 1:00 pm. Free for ages 50 and better.

Billiards for Seniors: Pool sharks ages 50 and sharper are welcome to join us for different variations of pool. Bring your "A" game and your best cue stick! Meet Monday, Wednesday and Friday starting at 12:00 noon.

Crafts & Beyond: Whether making a homemade gift, decorating or illustrating your creative side, creating crafts is a pleasurable and sociable way to meet old and new friends. Adults ages 50 and more creative are welcome to join us on every first and third Thursday from 12:30 pm to 1:30 pm at Ridgeview Recreation enter for Crafts & Beyond. Free program!

Computer 101: What is a mouse? Google who? Come on out and learn the basics of using the computer and all the other new applications!



Crosswords, Puzzles & More:

Want a mind stimulating and challenging leisure activity to help keep your mind sharp and alert? Join us every Monday from 1:00 pm to 3:00 pm. Free for ages 50 and better!

Fitness Center

Monday, Wednesday, Friday 1:00 pm to 9:00 pm. Tuesday, Thursday 10:00 am to 9:00 pm. Saturdays 10:00 am to 6:00 pm. Free Personal Training available for mature adults ages 50 and better. Please see Andrea Nixon, Certified Personal Fitness Trainer to set up an appointment.

SENIOR PROGRAMS AT HIGHLAND RECREATION CENTER

Westmont Senior Fall Festival: Thursday, October 29 at 12:00 noon at Highland Recreation Center. FREE! Join us for fun and games! Bring your favorite snack or dessert! Drinks will be provided.

Senior Thanksgiving Luncheon: Thursday, November 19 at 12:00 noon at Highland Recreation Center. FREE! Ham, Turkey and Drinks will be provided. Please bring a side dish or dessert.

Senior Christmas Luncheon: Thursday, December 17. FREE! Join us at 12:00 noon at Highland Recreation Center. Ham, Turkey and Drinks will be provided. Please bring a side dish or dessert.

Co-worker Corner Athletic / Administrative Staff



Pictured: Front, Lynda Kimbrel. Left to Right: LouAnn Thomas, Gary Long & Sherry Morgan

Sherry Morgan: Senior Recreation Programmer: Sherry has been with the City of Hickory since 2006. She began her career as an Assistant Recreation Programmer in the Athletic division. In 2010, she accepted a position as a Recreation Programmer for Highland Recreation Center where she enjoyed programming for citizens of all ages. She was promoted to Senior Recreation Programmer-Athletics in November 2014.

Gary Long: Senior Recreation Programmer: Gary has been with the City for 10 years. He works primarily with youth sports, but is also responsible for Spring Adult Softball. In his spare time he enjoys spending time with his wife Mary, their wonderful grandchildren, Anna Marie and PJ and hanging out with his Shih Tzu, Lexie. Gary also enjoys following his beloved Miami Hurricanes in all sports.

LouAnn Thomas: Senior Recreation Programmer: Lou graduated from Pfeiffer University with a Bachelor of Science degree in Sports Management and Business. She has over 23 years of experience in the athletic field. Lou has been employed with the City of Hickory for 11 years.

Lynda Kimbrel: Administrative Assistant: Lynda has spent the last twenty-four years assisting with the day to day operations of the Parks and Recreation Department. She moved to Hickory 27 years ago in hopes of a safe location to raise her three young daughters. After a short venture selling real estate and owning her own business, Lynda opted to work for the City of Hickory! "With Hickory being the size it is, we as citizens, are quite fortunate to have the expansive system of parks and playgrounds that we do."





Life. Well Crafted.

Parks and Recreation
1451 8th Street Drive NE
Hickory, NC 28601
Phone: 828-322-7046
Fax: 828-323-1042
Email: mwillkerson@hickorync.gov
www.hickorync.gov

PRSRT STD
US POSTAGE
PAID
PERMIT # 1340
HICKORY NC

CITY-WIDE SPECIAL EVENTS

National Day of Play: Join Hickory Parks and Recreation Department in collaboration with The Salvation Army Boys and Girls Club for National Day of Play! This event will be held on Saturday, September 12 from 11:00 am to 1:00 pm at Kiwanis Park. Kiwanis Park (Zahra Baker All Children's Playground) is located at 805 6th Street SE, Hickory, NC. There will be games, activities, arts and crafts, food and fun! Free for all! Event will take place rain or shine. For more information on this program, please contact Senior Recreation Programmer, Andrea Nixon, at (828) 324-8007 or via email anixon@hickorync.gov.

City of Hickory Corporate Challenge: The City of Hickory Parks and Recreation Department will host the 2015 Greater Hickory Metro Corporate Challenge Monday, September 21-Saturday, October 3. The purpose of the challenge is to promote fitness and wellness as well as to promote team building through friendly competition. The Challenge will be built around a series of events that encourage participation of local corporations, professional associations, organizations and other community groups. Please contact Angela Smith 324-6990 for more information on how to register.



Community Blood Center of the Carolinas: The need for blood is great in our area! Donate at Ridgeview Recreation Center on Tuesday, December 1 from 4:00 pm to 7:00 pm. Donors must bring a government issued photo identification card. Must be age 16 and up. Thank you in advance. You are a life saver!